



ABC's

of

Iowa Farm to School

Funding for this project provided by Iowa Specialty Crop Block Grant

A is for

Apples and



Asparagus

Asparagus is one of the first vegetables harvested in the spring, while apples are one of the last fruits harvested in the fall.

B is for



Broccoli, Berries and Beans

C is for

Carrot Chowder

1 lb ground beef, drained
½ c chopped celery
¼ c chopped onion
1 c chopped green peppers
½ t garlic salt
1 t sugar
Shredded cheese (of choice)

2 ½ c grated carrots
1 can tomato juice
2 cans cream of celery soup
1 ½ c water
½ t marjoram
½ t salt

Combine all ingredients except cheese in a Dutch oven. Bring to a boil; reduce heat and simmer, uncovered about 1 hour or until the vegetables are tender. Sprinkle cheese on each serving.



Carrots, Cherries and Cucumbers

D is for



Dirt, Digging and Distribution

E is for



Eggplant



Try grilling the eggplant with some melted provolone cheese or make some ratatouille or eggplant parmesan.



F is for



Farms, Fruit and Farmers markets



Check online for a Market or
Farm to visit near you!

G is for



Grape Salad

¾ lb seedless green grapes

¾ lb seedless red grapes

1 (7 oz) jar marshmallow crème

1 pkg (6oz) slivered almonds (toasted)

1 (8 oz) pkg light cream cheese (softened)

1 T vanilla

Wash grapes & remove all stems. Place in large bowl. In separate bowl combine cream cheese & marshmallow crème until smooth. Stir in vanilla. Pour mixture over grapes and gently stir until well coated. Fold in almonds. Serve immediately or refrigerate for 1 hour.

Growers, Gardens and Grapes



H is for



High tunnels and Herbs

I is for



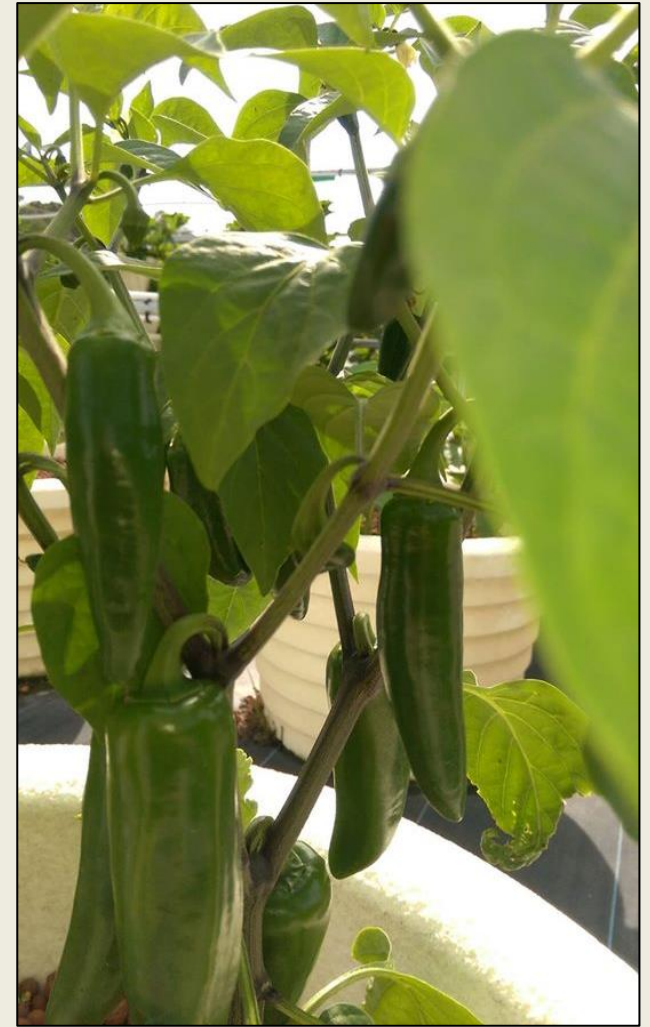
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Initiatives and Investing in future generations



J is for



Jalapeño

K is for



“Love Your Smile” Smoothies

- | | |
|----------------------------|--------------------------|
| 1 ripe banana | ½ c washed fresh spinach |
| ½ c washed kale leaves | 1 c frozen blueberries |
| ½ c vanilla yogurt | 2 c orange juice |
| A few ice cubes (optional) | |

Blend all ingredients. Serve Cold

Kohlrabi and Kale



L is for



EASY Simmered Leek Recipe

2 ½ lbs leeks ½ t salt (to taste)
 ¼ t pepper (to taste) 2 T butter
 2 T oil
 1 C low sodium chicken or vegetable broth

Clean leeks & cut off stemmy bottoms & dark green leaves (use white & light green parts). Cut leeks lengthwise in quarters, then 1" squares. Heat oil in skillet, add leeks, salt & pepper & stir over low heat for 5 minutes. Add broth, bring to boil & cover over medium low, stirring often, for about 10 minutes or until leeks are tender. Raise heat to medium, uncover & let juices reduce to about half. Serve.



Leeks, Lettuce and Learning

M is for



Melons and Meals

N is for



Baked Nuts

3T unsalted butter
1T dried, crumbled rosemary
1 ½ t salt
½ t cayenne pepper
3C mixed nuts (pecans, cashews, hazelnuts)

Preheat oven to 350 degrees. Melt butter with dried rosemary, salt, pepper. Pour over 3 cups mixed nuts, tossing to coat them. Bake nuts on cookie sheet for 10 minutes, stirring occasionally.

Nuts

(chestnuts, hazelnuts, walnuts)

O is for



Onions and Okra



Potato Latkes

3-4 russet potatoes, peeled 1 med. Yellow onion
 2 medium eggs 2 T matzo meal
 Salt & pepper to taste Canola oil
 Sour cream & apple sauce (optional)

Heat $\frac{1}{4}$ " oil in skillet to medium heat. Grate potatoes & onion. Combine in a large strainer. Working to 3-4 batches, squeeze out as much water as possible & place them into a large bowl. Add salt & pepper to eggs, beat to combine. Add egg & matzo meal to potatoes, mix with hands until combined. Form palm-sized latke about $\frac{3}{8}$ " thick & place in oil one by one. Turn after bottom starts to brown (3-4 minutes). Cook until edges are lightly crispy & center is cooked. Place on paper towel to drain.

P is for



Potatoes, Peaches and
 Pumpkins

Q is for



Questions and Quality



R is for

Radish Salad

2 T apple cider 2 T orange juice
2 T fresh lime juice 2 T olive oil
Salt & pepper to taste 1 t sugar
1/4 c fresh cilantro 1/4 c chopped red onion
12 oz radishes, trimmed and each cut into wedges

In a large bowl, whisk together cider, orange juice, lime juice, olive oil & sugar. After sugar is dissolved, add radish wedges, cilantro & red onion. Toss gently & refrigerate for 1 hour or more. Toss after 30 minutes. Serve cold.



Radishes and Raspberries

S is for



Turkey Spinach Calzone

12 oz cooked ground turkey 2 c chopped fresh spinach
2 c shredded 4 cheese pizza blend 8 oz pizza sauce
2 10-oz pkgs refrigerated pizza dough

Combine turkey, spinach, cheese & ½ of the sauce. On a lightly floured surface, roll 1 pkg of pizza dough. Cut into 3 10x4" rectangles. Place ½ c turkey mixture on each and fold into a square; press with fork to seal edges. Prick top of calzone with fork. Place on a lightly greased baking sheet & bake at 375 degrees for about 18 minutes until golden brown. Serve with remaining pizza sauce.



Spinach, Squash and Strawberries



T is for



Caprese Tomato Kabobs

3 pints cherry or
grape tomatoes
1 lemon juice
½ c olive oil
¾ t sea salt
12 skewers

2 medium zucchini
(cut into bite size pieces)
½ c chopped fresh basil
1 lb fresh mozzarella
cheese (cubed)
ground pepper to taste

Whisk lemon juice with salt and pepper, gradually add oil. Whisk in basil. In large bowl, gently toss vegetables and mozzarella together. Pour marinade over vegetables and gently toss to coat. Cover bowl and refrigerate at least 30 minutes, but no longer than 2 hours. Drain vegetables and thread onto skewers in desired pattern.

Tomatoes and Turnips



U is for



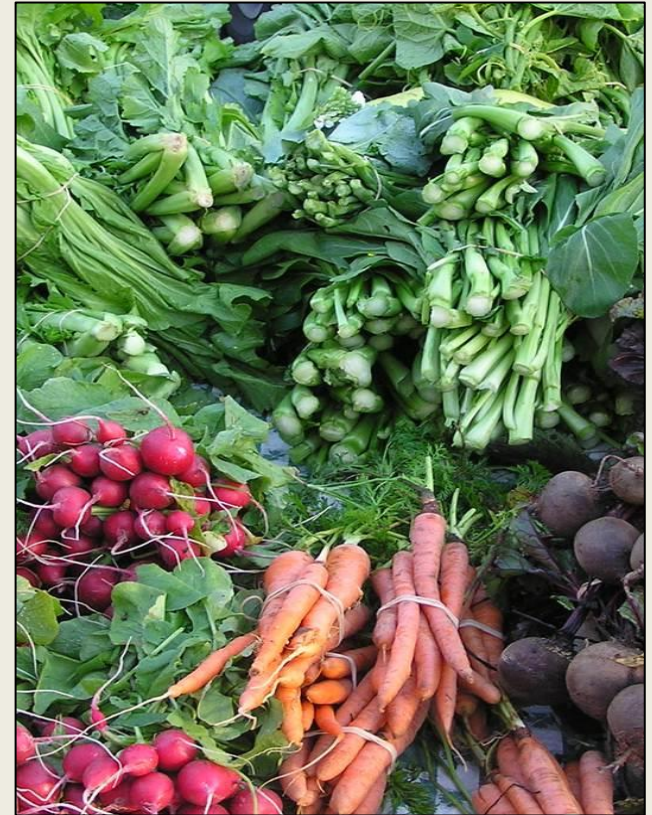
Not all bugs are bad. In fact some insects become a part of the life cycle of plants by acting as pollinators, while others keep harmful insects in check by eating them.



Underground (soil, bugs, etc.)

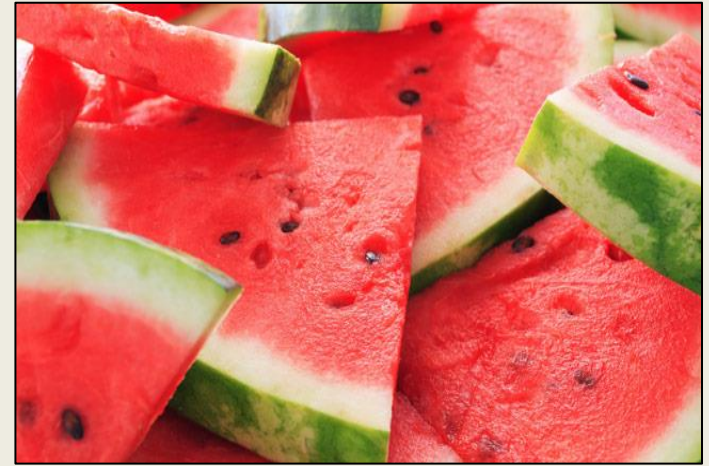


V is for



Vegetables

W is for



Watermelon Popsicles

1 pound watermelon
2 T sugar
2 T lime juice

Cut the watermelon into small chunks (discarding the rind) and put them in a blender with the sugar and lime juice. Process until smooth, adding enough water (or fruit juice) so that the mixture liquefies. Pour into popsicle molds, and freeze.

Watermelon

X is for

Iowa Fruit and Vegetable Harvest Calendar													
Produce	May	June	July	Aug	Sept	Oct	Produce	May	June	July	Aug	Sept	Oct
Apples							Peaches						
Apricots							Pears						
Asparagus							Peppers						
Beans							Plums						
Blueberries							Potatoes						
Broccoli							Pumpkins						
Cabbage							Radishes						
Cantaloupe							Raspberries						
Carrots							Rhubarb						
Cauliflower							Rutabaga						
Cherries							Spinach						
Cucumbers							Squash						
Eggplant							Strawberries						
Grapes							Sweet Corn						
Kohlrabi							Sweet Potato						
Leeks							Tomatoes						
Lettuce							Turnips						
Okra							Watermelons						
Onions							Zucchini						

eXcellent for you!

Y is for



Yams and Yummy

Baked Yams

Preheat the oven to 425 degrees. Scrub the yams thoroughly with a brush, then pat dry. Prick the yams with a fork. Bake for 40 to 60 minutes or until tender. Place each baked yam inside a kitchen towel. Gently roll to soften the flesh. Cut an X in the top of each yam and press on the skin to push the flesh upward. Serve with butter, brown sugar, and/or cinnamon.

Z is for Zucchini (& Zoodles)



Zoodles are noodles made from zucchini.

Try this new healthier twist on pasta – zoodles can be substituted for your favorite pasta noodles and offer less starch and more nutrition to your diet. To make a zoodle you can use a spiralizer or a flat vegetable peeler. Chose a firm zucchini and wash well. Keep the skin on for more nutritional value. Using a vegetable peeler: hold the zucchini firmly and slide down each side in long strokes making long flat ribbons. Don't use the seedy portion. Cook your zoodles by sautéing them in olive or oil or butter for about 3-5 minutes. Drain your zoodles and serve with your favorite sauce or seasonings.

Thank you to the following for photos or recipes used in this book: Wabi Sabi Farms, Harvestville, Cowles Montessori, Nevada FFA, Independence Schools, Small Potatoes Farm, Iowa State University Department of Horticulture, Wills Family Orchard, Emily Kelly, Andrea McKern, Iowa City Schools, Oelwein Schools, Des Moines Public Schools, Atlantic Schools, Iowa Choice Harvest, Berry Patch Farm, Muscatine Farmers Market, Hubbell Elementary School, Red Fern Farm.

RESOURCES:

Iowa Department of Agriculture and Land Stewardship

<http://www.iowaagriculture.gov/>

Iowa Farm to School Facebook

<https://www.facebook.com/IowaFarmtoSchool/>

Iowa Farm to School Program

<http://www.iowaagriculture.gov/AgDiversification/farmToSchoolProgram.asp>

Iowa Department of Education Bureau of Nutrition

<https://www.educateiowa.gov/pk-12/nutrition-programs>

Iowa FoodCorps

<https://foodcorps.org/apply/where-youll-serve/iowa/>

Iowa Farm to School Local Purchase Report

<https://www.ams.usda.gov/mnreports/lsmiafts.pdf>

Contact us:

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Look for these Farm to School Initiatives and other great opportunities throughout the year:

- Farm to School Chapters
- A is for Apple
- A Garden is the Way to Grow
- Farm to School – Open Something Great
- Farmers Market Scavenger Hunt
- Farm to School to Market
- Farm to School Month

